



Alcohol and young people

The peak medical organisation in Australia – the National Health and Medical Research Council - recommends **for children and young people less than 18 years of age, that not drinking alcohol is the safest option.**

Alcohol can damage the developing brain of young people. Drinking alcohol is linked with poor decision-making, loss of control and risky behaviour (e.g. unsafe or unwanted sex, injury, violence, car crashes) with undesirable outcomes that can last a lifetime.

- Children under 15 years of age are at greatest risk of harm from drinking.
- For young people aged 15-17 years, the safest option is to delay the start of drinking for as long as possible. Risky behaviour is more likely among drinkers aged 15–17 years than older drinkers.

WA now has Secondary Supply Laws, which ban adults from supplying alcohol to children in a private setting without their parent's consent. Penalties of up to \$10,000 apply. For more information: <http://www.rgl.wa.gov.au/liquor/liquor-legislation-amendment-act/faq-s>

What can parents do?

- Supervision is one of the most important things parents can do. Know where your young person is going and what she/he is doing. Parents are legally responsible for their teenage children.
- Talk to your young person about alcohol, drinking and your expectations of his/her behaviour.
- If your young person is having a gathering at your place – be there and supervise.
- If your young person is going to a gathering, check that other responsible adults are supervising.
- Drink safely and moderately – your actions speak loudly to your children.
- Don't buy alcohol for your son or daughter, or their friends.
- Talk to other parents about these issues and form a united front.
- If your child is already 18, talk to them about how the new Secondary Supply Laws may affect them.

For further information: <http://alcoholthinkagain.com.au/>